

the senior pipeline



April 2021

**Animal Shelter Donations Week
Bingo in the Afternoon
Café Exchange**



Hurst Senior Activities Center

700 Heritage Cr.
Hurst, TX 76053
817.788.7710
<http://hursttx.gov/hsac>

Operating Hours

The Senior Center is currently closed.
Re-opening is yet to be determined.
Please see inside for details on our new Virtual Programs.

Get connected with HSAC!



See inside for the calendar of events and programs.

Find us, like us, and share us on Facebook:
[@HurstSeniorActivitiesCenter](https://www.facebook.com/HurstSeniorActivitiesCenter)

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Program Descriptions

Virtually connect with HSAC!
All classes meet via Zoom meetings

Fun & Fitness for 55+

Customizable group fitness workout with exercises that can be performed standing and/or sitting. Prepare your space with room to move, weights, and water.

Instructor: Rosy Pritchett

92091 // M // 9 - 9:45a // FREE

92090 // W // 11 - 11:45a // FREE

Zumba Gold

Zumba Gold is a low-impact Latin-inspired dance fitness class perfect for all fitness levels from beginners to advanced. Class features easy to follow Zumba choreography that focuses on balance, range of motion and coordination.

Instructor: Rosy Pritchett

92095 // F // 1:30 - 2:15p // FREE

Chair Stretch

This gentle class works the joints and muscles to increase flexibility, strength, balance and circulation. The class will include seated postures, standing postures (using a chair for support if needed) and optional floor work. Workout is suitable for all levels.

Instructor: Rosy Pritchett

92092 // T // 1 - 2p // FREE

92093 // TH // 1 - 2p // FREE

Walking Group

We'll meet at the front of the Senior Center and walk at the Hurst Community Park, located behind HSAC. Walk at your own pace. While we try to walk at least two miles, the mileage is up to you. Feel free to return to HSAC where your car is conveniently parked at anytime during the walk.

92096 // M // 4p // FREE

92094 // F // 11a // FREE

Recipe of the Month

Join us virtually in the HSAC kitchen as we share what we're cooking up this month! Each month we'll feature a different recipe. A link to the recipe will be emailed to you, so make sure you register for the class.

Recipe of the Month: Slow Cooker Pork Chops and Cinnamon Roll Cake

Instructor: Tammy McDonald

95102 // T 4/13 // 11 - 11:30a



Virtually connect with HSAC!

All classes meet via Zoom meetings

Ask the Pharmacist

Due to COVID vaccinating, the Pharmacist is unable to host the class this month. Look for his return next month.

Sponsored by Mid-Cities Pharmacy.

Instructor: Aemad Aslam
94097 // T Cancelled // 10 - 10:30a

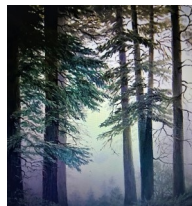
Fraud Abuse Education

Criminals count on us not knowing what to do. Don't be left unprepared. Come join this meeting as we discuss ways to identify fraud, protect ourselves from fraud and how to report fraud.

Sponsored by: Marie Veneralle, Golden Outlook
94107 // TH 4/8 // 11 - 11:45a

You Can Paint w/Oils

We are excited to have Susan Garden do a free step-by-step oil painting art lesson via Zoom. Even if you've never held a paint brush or can't draw a straight line you will be amazed at the beautiful oil painting you can create in one fun and inspiring lesson. You can either watch or paint along. This painting will be on an 8 x 10 canvas. After you register there will be a list of supplies needed on your receipt. If you need supplies you can purchase them from her website at www.robertgardenart.com.



Painting Title: Muir Woods in the Mist

Instructor: Susan Garden
91112// T 4/20 // 10a - 11a

Bingo in the Afternoon

Join us for an exciting afternoon of B-I-N-G-O! Starting April 12th, you can stop by and get your bingo kit, which will include two paper bingo cards and some bingo chips. On April 28th sign into Zoom for some BINGO fun! The winners will then come by our office afterwards and choose from an assortment of bingo prizes. There will be a special prize for the black-out bingo winner. Hope to see you!

95117// W 4/28 // 2p—3:30p

Café Exchange

Grab a cup of coffee, or your favorite drink and join this enthusiastic and engaged group of individuals who enjoy sharing thoughts, ideas, stories, and conversation.

95118 // TH // 10a

April 2021

Monday

Tuesday

Wednesday

Notary Public

**Need something notarized?
Service is free with a valid
HSAC membership. Appointment
is required. Call (817)
788-7710 to schedule.**

5

9:00 Fun & Fitness for 55+
4:00 Walking Group

6

1:00 Chair Stretch

7

11:00 Fun & Fitness for 55+

12 **Animal Shelter Donations Week**

9:00 Fun & Fitness for 55+
2:00 Crafty Corner
4:00 Walking Group

13 **Animal Shelter Donations Week**

11:00 Recipe of the Month
1:00 Chair Stretch

14 **Animal Shelter Donations Week**

11:00 Fun & Fitness for 55+
2:00 Birthday Party!

19

9:00 Fun & Fitness for 55+
2:00 Ornament of the Month
3:00 Book Club
4:00 Walking Group

20

10:00 You Can Paint w/Oils
1:00 Chair Stretch

21

11:00 Fun & Fitness for 55+

26

9:00 Fun & Fitness for 55+
2:00 Bead Mania
4:00 Walking Group

27

1:00 Chair Stretch

28

11:00 Fun & Fitness for 55+
2:00 Bingo in the Afternoon

Thursday

Friday

1

10:00 Café Exchange
1:00 Chair Stretch

2

**Senior Center Closed
for Good Friday**



8

10:00 Café Exchange
11:00 Fraud Abuse Education
1:00 Chair Stretch

9

10:00 Wood Carving
11:00 Walking Group
1:30 Zumba Gold

15 **Animal Shelter Donations Week**

10:00 Café Exchange
1:00 Chair Stretch

16 **Animal Shelter Donations Week**

8:00 Early Registration
10:00 Wood Carving
11:00 Walking Group
1:30 Zumba Gold

22

10:00 Café Exchange
1:00 Chair Stretch

23

10:00 Wood Carving
11:00 Walking Group
1:30 Zumba Gold

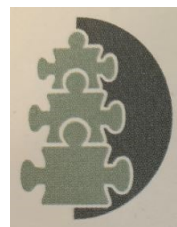
29

10:00 Café Exchange
1:00 Chair Stretch

30

10:00 Wood Carving
11:00 Walking Group
1:30 Zumba Gold

March Sponsors



Mike Smith
Custom Fit Insurance
Annuities, Life with Living
Benefits, Tax Free
Retirement & Medicare

C 817-793-5851

E mikes@customfitins.com



Donna Borden

Community Manager
701 Heritage Cr.,
Hurst, TX 76053
Office: (817) 634-5718
Email: dborden@porticopm.com



Marie Veneralle

Licensed Insurance Agent
Dallas Fort Worth Area
Cell: (817) 812-7720
Email: mav9966@hotmail.com

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Program Descriptions

Virtually connect with HSAC!
All classes meet via Zoom meetings

Book Club

Each month we meet to discuss a book we have all read, share our opinions, and likes and dislikes of the book.

Discuss: The Wonder Boy of Whistle Stop by Fannie Flagg

Read: The Vacationers by Emma Straub

Instructor: Tammy McDonald
94078 // 4/19 // 3 - 4p



Wood Carving

All are welcome from beginners to experienced carvers. Beginning projects and handouts will be provided for those who are learning. Please make arrangements with instructor and HSAC to pick up the kit. We will have tips on carving rough outs and finishing your projects as well. Kits are free, but donations are accepted and appreciated.

Instructor: Mike Donnelly
91109 // F // 10 - 11a



Crafty Corner

Join this class with Diana, and make this fun and adorable Mop Gnome. Supplies needed: glue, glue sticks and scissors. Kits will be available for pick up from HSAC on April 9 after 10am.

Instructor: Diana Conway
91110 // M 4/12 // 2p // \$10



Ornament of the Month

Each month we will create a different ornament. This month's ornament is a Twine & Pearl Tree Ornament. Supplies needed: scissors, hot glue gun and glue sticks. Kits will be available for pick up from HSAC on April 16 after 10am.

Instructor: Diana Conway
91106 // M 4/19 // 2p // \$5



Bead Mania

Join Diana and make this Long Necklace, Bracelet and Earrings set. Tools needed: jewelry tools (wire cutter, round nose pliers and crimp-er or needle nose pliers). Contact Diana if you need assistance or have any questions. Comment measurement of wrist to determine length of bracelet during registration. Kits will be available for pick up from HSAC on April 23 after 10am.

Instructor: Diana Conway
91108 // M 4/26 // 2p // \$12



Contactless Events & Services

Just pull through the driveway at the front of the Senior Center

Animal Shelter Donations Week



Starting April 12th and ending April 16th, HSAC will have a box just inside our front doors to place donations. Items needed are: laundry detergent, dish soap, bleach, food, treats, harness/collar/leashes, toys, blankets. No sheets or pillows. Lets do what we can to help out our furry friends!
Drop off hours: 10a - 3p M-F

HSAC Street Visit

The staff of HSAC will be on your street doing a friendly drive by to wave and say hello! Be sure to register if you would like to receive a visit. We'll call you to schedule a time for the visit. You can register online or call 817-788-7710, and one of the staff can help you.

HSAC Staff
95105 // By Appointment

Battery Recycling Program

Have batteries you need to discard? Bring them to HSAC and drop them into the battery container located at the front door.

Drop Off Hours:
Monday—Thursday
10a—3p



Happy Birthday Drive-Thru (By invitation only)

We want to make a big deal out of your special day! If you are having a birthday this month, let us know so we can share our wishes to you! Expect a phone call from us inviting you to drive thru. We've also got a little bag of birthday fun to give to you. Registration is required to receive the birthday bag and your birthday must be in this month. We kindly ask that you wear a mask and remain in your car at all times. If you are a member from Heritage Village Residences, please contact the Senior Center for alternate participation arrangements as walk up guests cannot be accommodated for this event.

Sponsored by: Mike Smith, Custom Fit Insurance

94119 // W 4/14 // 2p - 2:30p



Book & Puzzle Exchange

Got puzzles or books you have read or worked and want to trade? Bring them to HSAC and exchange for a different one.

Exchange Hours
Monday—Thursday
10a—3p





COVID-19 Reminders:

- Stay home if you feel sick, have a fever, are coughing, have difficulty breathing, or if in the last two weeks you have been in close contact with a person with a suspected or confirmed case of COVID-19.
- Wash or disinfect hands upon entering the facility and after any interaction with employees, other patrons, or items in the facility.
- Maintain at least 6 feet of separation from other individuals not within the same household. If such distancing is not feasible, other measures such as face covering, hand hygiene, cough etiquette, cleanliness, and sanitation should be rigorously practiced.
- Persons feeling feverish or with a measured temperature greater than or equal to 100 degrees Fahrenheit should seek medical attention.
- When/if you go out, wear a mask or face covering.

All advertised classes will meet via Zoom, with the exception of our Group Walk. A meeting ID and passcode are required in order to participate in our classes. To receive the meeting ID and passcode, please register for each class online or by calling the HSAC at (817) 788-7710.

Your participation in the virtual classes will be counted as a visit to the Senior Center. If you are a SilverSneaker, Renew Active or Silver & Fit member, your virtual visit will be reported to your 3rd party insurance partner and the Senior Center will receive compensation.

While we are offering these classes for free, there are costs associated with them such as paying the instructor, Zoom meeting fees, personnel salaries and facility costs. Should you desire to assist with covering these costs, a \$3 per class fee is suggested. Payment can be remitted at the time of class registration or by calling the Senior Center.